

# Christmas and New Year Opening Hours



## headspace Osborne Park service:

headspace Osborne Park will be closed from 3:00pm on Friday 21st December 2018 and will re-open on Wednesday 2nd January 2018 at 8:30am

## hYEPP service:

The Mobile Assessment Treatment Team will continue to operate throughout this period from 8am-4pm

## For support outside of these hours:

### For crisis support:

- Phone emergency services on 000
- Phone the Mental Health Emergency Response Line on 1300 555 788 (>18 years)
- Phone the Acute Response Team on 1800 048 636 (<18 years)
- Alternatively, present to your nearest emergency department

### For non-crisis support:

- Phone eheadspace on 1800 650 890 or visit [eheadspace.org.au](http://eheadspace.org.au)
- Phone Lifeline on 13 11 14 or visit [lifeline.org.au](http://lifeline.org.au) (24 hours a day)
- Phone the Kids Helpline on 1800 55 1800 (24 hours a day)



## Apps for a healthy headspace

Smiling Mind	<a href="http://www.smilingmind.com.au">www.smilingmind.com.au</a>
Mindshift	<a href="http://www.anxietybc.com/mobile-app">www.anxietybc.com/mobile-app</a>
Talking Anxiety	<a href="http://www.itunes.apple.com/au/app/talking-anxiety">www.itunes.apple.com/au/app/talking-anxiety</a>
Deep Sleep	<a href="http://www.superbetter.com">www.superbetter.com</a>
Belly Bio	<a href="http://www.itunes.apple.com/us/app/bellybio-interactive-breathing">www.itunes.apple.com/us/app/bellybio-interactive-breathing</a>
MoodKit	<a href="http://www.thriveport.com/products/moodkit">www.thriveport.com/products/moodkit</a>

## Websites for a healthy headspace

eheadspace	<a href="http://www.eheadspace.org.au">www.eheadspace.org.au</a>
Moodgym	<a href="http://www.moodgym.anu.edu.au">www.moodgym.anu.edu.au</a>
ReachOut	<a href="http://www.reachout.com">www.reachout.com</a>
Beyond Blue	<a href="http://www.youthbeyondblue.com">www.youthbeyondblue.com</a>
Helping Minds	<a href="http://www.helpingminds.org.au">www.helpingminds.org.au</a>
Butterfly Foundation	<a href="http://www.thebutterflyfoundation.org.au">www.thebutterflyfoundation.org.au</a>
Bite Back	<a href="http://www.biteback.org.au">www.biteback.org.au</a>

## More info

Drug and Alcohol Youth Service	1300 651 329
Next Step Drug and Alcohol Service	9442 50000 or <a href="http://www.dao.health.wa.gov.au">www.dao.health.wa.gov.au</a>
Sexual Health Quarters	9227 6177 or <a href="http://www.shq.org.au">www.shq.org.au</a>
Freedom Centre	9228 0354 or <a href="http://www.freedom.org.au">www.freedom.org.au</a>
Youth Legal Service	1800 199 006 or <a href="http://www.youthlegalserviceinc.com.au">www.youthlegalserviceinc.com.au</a>

### Pocket Mindfulness

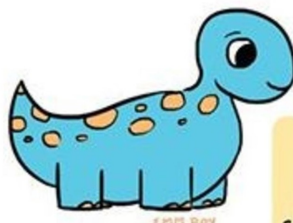


If you're feeling flustered and finding it difficult to calm down, find a safe place, take a few deep breaths, and give this exercise a go. Take your time, no need to rush this:

- Name 5 things you can see.
- Name 4 things you can hear.
- Name 3 things you can feel.
- Name 2 things you can smell.
- Name 1 good thing about yourself.

Notice how you feel after and give yourself some time to chill out if you need it.

IT'S A GOOD DAY TO TAKE CARE OF YOURSELF (SO IS EVERY OTHER DAY).



SELF-CARE IS NOT LAZY OR SELFISH. SELF-CARE IS HEALTHY. SELF-CARE IS IMPORTANT. SELF-CARE IS NECESSARY.

### Breathing Exercises



If you're feeling stressed or anxious, deep breathing can have a calming effect on the body and mind, which can help you to ride out the feelings. It takes time to learn, so practice is key.

- Slowly inhale through the nose for 4 seconds, filling your lower belly.
- Hold for 1-2 seconds.
- Exhale slowly through the mouth for 4 seconds.
- Pause before taking another breath.

Note: Do what's comfortable for you, find your rhythm, but remember to pause before inhaling or exhaling. You can try this anywhere, and can also help if you're having trouble sleeping.